

American Apparel® **WAREHOUSE SALE!**

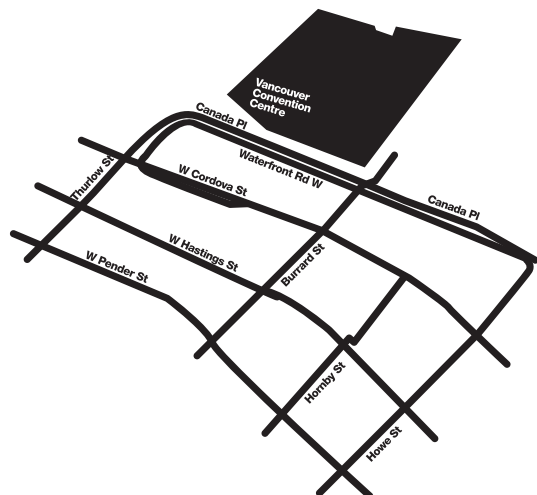
New Merchandise Daily!

**Thurs. Nov. 10th—
Tues. Nov. 15th
9am–9pm**

**UP TO
90% OFF**

**Vancouver
Convention Centre
East Building**

**999 Canada Place,
Vancouver, BC V6C 3C1**



**All sales are final:
No returns or exchanges.
Cash and credit accepted.
Free admission.**



MATT KIELTYKA/METRO

► Occupy Vancouver protester Jaeme Grosvenor maintains the camp is co-operating with fire and city inspectors to make the site safe, despite a death over the weekend that has officials stepping up their efforts to shut the protest site down.

Occupiers have no plans to leave

► Death puts pressure on officials to close site ► Protesters adamant they're here to stay



MATT KIELTYKA
@METRONEWS.CA

Mayoral candidate Suzanne Anton returned to Occupy Vancouver yesterday and stressed the need to shut down the protest before people become "entrenched."

The problem for Anton — and other critics using Saturday's death on the site as impetus to take down the tent city at the Vancouver Art Gallery — is that the occupiers are already dug in.

"We have no plans of

moving this encampment. We're just starting to get our message across," insisted 54-year-old protester Jaeme Grosvenor.

"The trouble with politicians is they have such short foresight."

Twenty-three year old Ashlie Gough was confirmed as the young woman who died at the site Saturday.

Her cause of death was not released, though some media reports indicate she died of a suspected overdose.

Anton has been vocal

"An ongoing Occupy Vancouver protest movement that expresses itself publicly can do so without an encampment on public space. The Occupy Vancouver protest can continue. The tent encampment, as it stands now, cannot."

GREGOR ROBERTSON, MAYOR

about dismantling the Occupy Vancouver site for some time, citing the numerous health and safety concerns and the drain on city resources to maintain order.

"And now we have a death," she said.

"The tents need to come down. The longer the encampment goes on the more difficult it becomes."

On Saturday night, Mayor Gregor Robertson told media he's instructed officials to start looking at ways of dismantling the camp, and acknowl-

edged the city has the option of seeking a court injunction.

However, he stressed the need to take the camp down peacefully and didn't set a timeline.

"There is a serious problem here and we want to address it urgently," Robertson said.

City officials in Victoria are being far less patient.

Protesters at Occupy Victoria have been issued notices by police and by-law officers to vacate Centennial Square by noon today. **WITH FILES FROM THE CANADIAN PRESS**

1

news


The families of workers killed by exposure to asbestos are begging the Quebec government not to finance the revival of an asbestos mine. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at **metronews.ca**

The Canadian equestrian community is mourning Hickstead, a horse that helped rider Eric Lamaze win a pair of Olympic medals. Video at metronews.ca/video

Follow us on Twitter @vancouvermetro



BLACK ANGUS IS BACK



FREE \$10*
Sears Wish Book® Gift Card
with purchase of a combo.

*While supplies last. Expires December 24, 2011. Minimum \$50 purchase.

\$2 OFF any large sub
—OR—
\$1 OFF any reg. sub



Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Dec 24, 2011. CLU# 1246

50% OFF ANY SUB
with purchase of a reg. fountain drink



Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Dec 24, 2011. CLU# 8030



RIDICULOUSLY FUEL EFFICIENT.

The 2012 Sonic is shockingly powerful and ridiculously fuel efficient.
The best of both worlds, mastered for yours.

- Motorcycle inspired gauge cluster.
- OnStar® RemoteLink™ mobile app.
- StabiliTrak® electronic stability control system.
- Bluetooth® connectivity.
- 1.4 L Turbocharged engine standard on LTZ model.

STARTING FROM
\$16,990 MSRP
LS 5-DOOR*
INCLUDES
FREIGHT & PDI

LTZ Model Shown**



DRIVING OUR WORLD FORWARD

2012 CHEVROLET
SONIC

CHEVROLET.CA

MOBILE ENABLED

*Manufacturer's Suggested Retail Price for base LS 5-door including freight, license, insurance, registration, fees associated with filing at moveable property registry/PPSA administration fees, duties and taxes not included. **Manufacturer's Suggested Retail Price for LTZ model 5-door is \$20,995. Freight, license, insurance, registration, fees associated with filing at moveable property registry/PPSA administration fees, duties and taxes not included. Dealers are free to set individual prices. See dealer for details.

Police dog sniffs out cocaine brick

- Burnaby man arrested after vehicle search
- Faces drug possession and trafficking charges

KENDRA WONG
VANCOUVER@METRONEWS.CA

RCMP Southeast District Traffic Services made a \$40,000 cocaine bust near Keremeos last Thursday.

Cpl. Ryan McLeod pulled over a 2006 Mazda on Hwy 3 for speeding around 3 p.m. and arrested a 46-year-old man for cocaine possession.

A sealed kilogram brick of cocaine was also found in the vehicle by McLeod's partner, RCMP police dog Otis, during a search of the vehicle.

"Any time we can take a kilo of cocaine out of circulation, it's a substan-



► Police dog Otis

tial disruption to someone's illicit operations," said Cpl. Dan Moskaluk.

The Burnaby man was

arrested and faces charges of cocaine possession for the purpose of trafficking.

Waves Coffee House
is celebrating
6 years



Any size coffee for only \$1

Tuesday, November 8th

Thank you for your continuous support

When banking on the go, it's always better to be alert.



Know the exact moment there's activity in your account, with BMO® Mobile Banking.

BMO is the only major bank in Canada to offer free, mobile-integrated alerts. So with BMO Mobile Banking, you can also pay bills, transfer funds, view balances and get immediate transaction updates anytime, anywhere with absolute security.

Just another innovative way to bank with BMO.

Visit bmo.com/mobile

BMO  **Bank of Montreal**
Making money make sense®

How did police fail to stop a serial killer?

► Inquiry about to begin probe of police agencies involved in missing women cases ► Robert Pickton preyed on women in Downtown Eastside



► Vancouver's Deputy Chief Doug LePard, right, with Chief Jim Chu in 2009.

The two police agencies that failed to stop Robert Pickton as he hunted sex workers in Vancouver's Downtown Eastside are about to appear at the public inquiry into the case to explain why they were unable to catch a serial killer.

The inquiry has spent weeks hearing expert evidence about the Downtown Eastside and the city's sex trade, as well as testimony from the victims' families. But its main purpose is to examine what went wrong with the police investigations.

That work is set to begin today, as Vancouver's Deputy Chief Doug LePard, who authored an internal report about the

Pickton investigation, becomes the first police witness. After him, the author of a similar RCMP report will testify, as will a senior officer from the Peel Regional Police in Ontario who was asked to provide an outside opinion.

The testimony will mark a significant turning point at the inquiry, which will now spend the next several months hearing from police officers.

"We've set the stage and provided the backgrounds, and now we'll do the main work, which is the police investigation," Art Vertlieb, the commission's lead lawyer, said in an interview.

Once the authors of

"What my clients are really interested in probing is what the investigators themselves did or didn't do."

**CAMERON WARD
LAWYER REPRESENTING THE
FAMILIES OF 18 MISSING WOMEN**

those three reports testify, the inquiry will then hear from officers who were actually involved with the investigations, said Vertlieb.

Commissioner Wally Oppal has been asked to examine why the police failed to catch Pickton as he murdered sex workers in the late 1990s and early

2000s, and why prosecutors declined to pursue attempted murder charges against Pickton after an attack on a prostitute in 1997.

Oppal's job will be to sort through the testimony of investigators and the inevitable finger-pointing between the Vancouver police and the RCMP to determine precisely what happened, and then make recommendations for the future.

Pickton was arrested in 2002 and eventually convicted of six murders, though the remains or DNA of 33 women were found on his farm. Pickton claimed he killed 49.

THE CANADIAN PRESS

Sinking of plane raises safety concern

The sinking of a \$1.6-million seaplane Saturday night has Harbour Air Seaplanes concerned about the safety of the new Vancouver Harbour Flight Centre terminal near the Vancouver Convention Centre.

B.C. PavCo, the provincial agency that oversees the terminal, commissioned an independent review of the new facility.

The single-engine Otter, owned by Harbour Air, a local seaplane airline, was loaded with barrels of water up to its 9,000-pound departure weight limit. Officials found the plane partially submerged in the harbour at 4:30 a.m., Satur-

day.

"We're investigating with engineers, but preliminary reports show (the seaplane) was rubbing up against the docks," said Randy Wright, senior vice-president of Harbour Air and West Coast Air.

Safety concerns were first raised in May when the terminal opened about the height of the docks and the facility's vulnerability to rough waters.

The sinking of the aircraft comes after another incident on Nov. 3 when the ropes holding the same Otter snapped from what Harbour Air called "wave or wake action."

● KENDRA WONG

INVESTIGATION

Son charged with dad's murder

A North Vancouver man is charged with the murder of his father and the attempted murder of his mother, homicide investigators announced yesterday.

North Vancouver RCMP and B.C. Ambu-

lance Services were called to an apartment complex in the 500 block of West 28th Street at 1:39 a.m. Saturday with reports of a domestic-type dispute.

When RCMP arrived on scene, they found a Donald Ramsay, 53, dead and his wife Wendy Ramsay, 53, suffering from extensive injuries.

Jordan Ramsay, 27, is charged with one count of second-degree murder and one count of attempted murder.

● METRO

Passengers urged to get tested for TB

Passengers aboard a Greyhound bus from Vancouver to Kelowna may have been exposed to tuberculosis.

On Friday, an individual travelled on Greyhound bus No. 5098 from Coquitlam, Langley, Abbotsford, Chilliwack, Hope, Merritt, to Westbank before being treated for the disease in Kelowna.

The B.C. Centre for Disease Control said there was no health risk to the general population, but are urging individuals on the bus to get tested.

● METRO

Archives net large film donation

Vancouver Archives has acquired a huge donation of television footage shot in the city from the 1970s to 1990s.

Yaletown Production has donated 181 video reels and video tapes and 112 film reels. The works include movies, training and promotional films, documentaries, commercials and tourism films about Vancouver and B.C.

The films are available for research at the city archives. Most of the films should be available online by early 2012.

● METRO

Armed man robs golf course, steals jewelry

Vancouver police have launched an investigation into a robbery at the Point Grey Golf and Country Club near the Fraser River.

Shortly before 3 p.m. last Monday, an armed, masked man entered an auction held inside the country club and ordered

people to the floor as he collected jewelry and valuables.

Police are not releasing the value of goods stolen

and there were no injuries during the robbery.

No arrests have been made yet.

● METRO

Salmon virus spawns fears

► Devastating strain of anemia could 'cause serious problems' to B.C. salmon farming industry: Author

Another suspected case of a highly infectious salmon virus has surfaced in British Columbia, but it will take weeks to verify the findings, the Canadian Food Inspection Agency says.

The agency has confirmed that a laboratory at the University of Prince Edward Island suspects infectious salmon anemia in a coho salmon from B.C. A Department of Fisheries and Oceans lab in Moncton is validating the results.

Observers of the nearly two-decade-long debate between salmon farmers and their critics say if a potentially devastating European strain of the disease is con-

firmed, the findings could provide the "smoking gun" environmentalists have long been looking for.

"Presuming that they (the samples being tested) are the same variant of the virus that's found elsewhere in the world, then I think that would cause serious problems to our salmon farming industry," said Peter Robson, author of the book *Salmon Farming: The Whole Story*.

"It would mean that we've imported a disease from another country for the first time as far as salmon farming goes."

The announcement comes at a critical time in B.C.

The Cohen Commission, which is studying what caused the collapse of the Fraser River sockeye run in 2009, said Friday it will hold two days of hearings in mid-December to put details of the virus on record and will hear from new witnesses and receive new exhibits.

The Department of Fisheries and Oceans was asked what contingency plans it was developing in the event that federal scientists verify the presence of the virus.

A spokeswoman for the department did not answer directly but said Fisheries is awaiting the Cohen report. **THE CANADIAN PRESS**



MAKE YOUR HAIRLOSS A THING OF THE PAST!

Make an appointment for your free Microscopic Hair Analysis today!

• GENETIC TESTING NOW AVAILABLE •

BC'S TRUSTED SOURCE FOR HAIR LOSS TREATMENT, DIAGNOSIS AND ANALYSIS SINCE 1985




A+ Rating

MICRON LABORATORIES
Since 1985

Take The Test - Call Now!
604-444-GROW (4769)
#228 - 973 West Broadway
micronvancouver@shaw.ca
www.micronlabs.com

KAMLOOPS • KELOWNA • TORONTO • VICTORIA • VANCOUVER

Tap into a new way to pay.



Introducing BMO® Mobile Payments.

A safe and convenient way to make **Tap & Go™** payments with your mobile phone. Plus, monitor your purchases with email alerts.

Just another innovative way to bank with BMO.

To learn more and order your FREE BMO MasterCard® Mobile PayPass™ Tag today, visit bmo.com/mobiletag

BMO  **Bank of Montreal**
Making money make sense®

Activist claims he was Tasered

▶ Canadian professor says he's bruised but 'basically OK' after trying to run Israeli naval blockade



MIKE ARSENAULT
OTTAWA@METRONEWS.CA
METRO CANADA IN LONDON, ONT.

A Canadian linguistics professor aboard a ship seized by Israeli forces while attempting to run a naval blockade of Gaza said yesterday he was Tasered while being taken into custody.

David Heap, 45, a professor at the University of Western Ontario, was working with the Canadian Boat to Gaza — a group aiming to stop the Israeli-backed naval blockade of Gaza — when he and about 20 others were taken captive.

During a visit with lawyers in his prison cell, Heap managed to draft a letter informing people of the activists' ordeal. The letter was posted on the Canadian Boat to Gaza's website, Tahrir.ca.

One of the other Canadians detained, Montrealer

Reaction

▶ A spokesman for Foreign Affairs Minister John Baird says diplomats were closely watching the situation and "liaising with Israeli authorities" to provide consular assistance.

▶ Baird has warned in the past that Canada can't protect Canadians who break the laws of other countries.

Ehab Lotayef, was imprisoned with Heap, the statement suggested. The third Canadian, Torontonian Karen DeVito, was apparently held separately.

Israel says the blockade, enacted back in 2007, is designed to prevent weapons from being smuggled into the Mediterranean port.

WITH FILES FROM
THE CANADIAN PRESS

Britain. Investigation



▶ Emergency-services workers attend the scene of a multiple fatal collision near Junction 25 on the M5 motorway in Taunton, England, Saturday.

MATT CARDY/GETTY IMAGES

Fireworks may have caused horrific crash

Police investigating the cause of a 34-car pileup on a major British highway that killed seven people and injured 51 are focusing on a fireworks display near the accident site. Initial reports suggested fog and wet road surfaces were partly to blame for the huge collision, but police said they have now zeroed in on the fireworks show after evidence taken from witnesses indicated that black smoke emerging from it may be the main culprit. Rescue workers have described the road accident as one of the deadliest in the country in years.

Man accused of throwing woman, kids over balcony

A man has been charged with three counts of attempted murder after a woman and her two young children plunged off a fourth-floor balcony in Toronto's east end.

Toronto police Staff Sgt. Mike Ervick says the children — a two-year-old and an eight-month-old infant

— suffered life-threatening injuries, but adds that doctors at Sick Kids Hospital are hopeful both will survive.

He says their mother, believed to be in her 30s, is being treated for serious injuries at Sunnybrook Hospital and is expected to recover.



▶ Late Saturday, a man allegedly threw a woman and two children through this fourth-floor window.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

The 27-year-old man accused in yesterday afternoon's incident also went over the balcony but wasn't hurt in his fall.

Police aren't releasing his name to protect the identity of the victims.

He made a brief appearance in court this morning and has been remanded in

to custody.

Police say he is charged with three counts of attempted murder, three counts of aggravated assault, one count of an attempt to disarm a police officer and two counts of assault attempt to resist arrest.

TORSTAR NEWS SERVICE

Android Smartphone \$30



facebook.com/fido.pepperwireless

EXCLUSIVER
CHOOSE fido

Offers subject to change without notice. Early cancellation fees apply. *Valid with 3-year Fido Agreement with Data Add-on. Some conditions apply. See store for details. **18% and related names & logos are trademarks used under license. ©2011

The Bloodmobile in your neighbourhood:

DOUGLAS COLLEGE
THURSDAY NOVEMBER 17
700 ROYAL AVENUE, NEW WESTMINSTER
10:00 AM - 4:15 PM

YVR AIRPORT AUTHORITY
FRIDAY NOVEMBER 18
3211 GRANT MCCONACHIE WAY, RICHMOND
8:30 AM - 2:45 PM

1 888 2 DONATE (1-888-236-6283)

Logos for Douglas College, YVR, and Metro.

THE WORLD IS YOUR PHOTO EXHIBIT

To submit your photos and for full contest details visit:
metrophotochallenge.com

metro

..... DEAR

OVER-CHARGED, UNDER-APPRECIATED, CONTRACT-LOATHING MOBILE PHONE CUSTOMERS.

.....



Yes. You read that headline correctly.

And by "over-charged, under-appreciated, contract-loathing mobile phone customers" we mean a majority of all mobile customers in Canada.

On average, Canadians pay more than twice as much per minute than US mobile customers. Obviously this is something none of you are very happy about. But your collective grumblings haven't gone unheard. Over the past two years we at WIND Mobile have built our business by listening to your issues and then (surprisingly enough) adapting our offerings to meet your needs.*

- *That means getting a \$0 phone without being shackled to a painful 3-year term contract.*
- *That means knowing the distances between Canadians seem shorter if there are no long distance charges to pay on our network.*
- *That means we understand that the way to keep customers with us is not through restrictive contracts, but by offering fair pricing and transparent billing.*

Hundreds of thousands of Canadians have already turned to WIND. And with each new customer we get the opportunity to listen to a new voice of change. So join us as together we create the plans, the services and the pricing that you deserve.

Because that's the power of WIND.



See why you should join us at
WINDmobile.ca

Tax files missing

► CRA auditor took tens of thousands of unencrypted files home

The confidential tax files of almost 2,700 Canadians are missing after a Canada Revenue Agency worker took them home and let a friend download them to a laptop.

The laptop has disappeared, the agency is scrambling to rewrite its security protocols and the privacy commissioner is asking why no one alerted her to the breach in confidentiality.

"Our office was not informed about this incident," said Anne-Marie Hayden, spokeswoman for Jennifer Stoddart, privacy commissioner of Canada. "We will be following up with CRA for further information on the issue."

The major breach occurred in early 2006, when an auditor in the agency's Toronto office asked a government computer techni-

cian to download 37,488 of her emails and 776 documents onto 16 CDs. The confidential material covered the years 2000 to 2006, and was not encrypted as required by agency rules.

The woman took the CDs home, and allowed a male friend to copy at least one of them to a laptop.

The breach only came to light when the woman pro-

ATI request

► The investigation report, along with related documents, was obtained under the Access to Information Act.

duced the CDs during a grievance hearing before the Public Service Labour Relations Board in 2008.

THE CANADIAN PRESS

WagJag.com DEAL OF THE DAY!



Buy For:
\$35

\$35 FOR A ONE-HOUR AROMATHERAPY FACIAL MASSAGE FROM METROPOLITAN AROMATHERAPY (A \$125 VALUE)

HIGHLIGHTS

- Certified practitioners
- Tone and cleanse skin
- High quality natural ingredients
- Increase energy and reduce stress

Regular Price: \$125.00

You Save: \$90.00

Discount:

72%

CURRENT DEALS



Buy For:
\$5

\$5 FOR \$25 TOWARDS ONLINE LEGAL AND BUSINESS DOCUMENTS INCLUDING COMPLETE WILL KIT AND ESTATE PLANS FROM MEGADOX.COM

HIGHLIGHTS

- Downloadable and easy to use
- Complete will kit and estate plans
- Customizable by you
- Trusted source for legal forms and business templates



Buy For:
\$25

\$25 FOR A HAIRCUT, SHAMPOO AND BLOW DRY FROM ANIM HAIR AND BEAUTY STUDIO (A \$60 VALUE)

HIGHLIGHTS

- Upbeat atmosphere, consistent results and friendly staff
- Also offering perms, relaxers, highlights, cornrows and much more

Visit:
WagJag.com

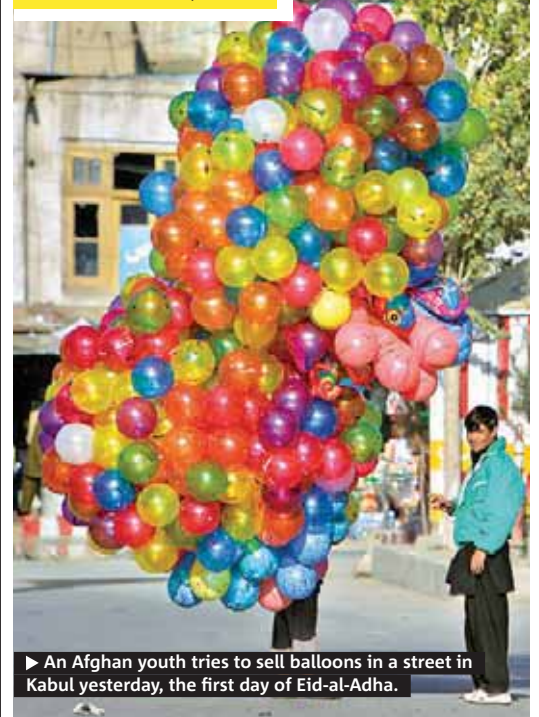
Hurry to WagJag.com to purchase local deals before time runs out.

Don't quite get it yet?
Visit WagJag.com

Follow us on:  

facebook.com/wagjag
@wagjagvancouver

Colourful. Salesperson



► An Afghan youth tries to sell balloons in a street in Kabul yesterday, the first day of Eid-al-Adha.

MUHAMMAD MUHEISEN/THE ASSOCIATED PRESS

Muslims celebrate Eid

Eid al-Adha is an important religious holiday celebrated by Muslims worldwide to commemorate the willingness of Prophet Ibrahim to sacrifice his son as an act of obedience to God.

Flood death toll climbs in Thailand

The death toll from Thailand's worst floods in half a century climbed past 500 yesterday, as advancing pools of polluted black water threatened Bangkok's subway system and new evacuations were ordered in the sprawling capital.

The latest district added to the government's evacuation list was Chatuchak, home to a major public park and an outdoor shop-

\$3.3B

Prime Minister Yingluck Shinawatra says a plan to be put before the cabinet tomorrow would allocate 100 billion baht (\$3.3 billion US) for post-flood reconstruction.

ping zone that is a tourist attraction. The Chatuchak Weekend Market was open but missing many vendors and customers yesterday as floodwaters poured past the market's eastern edge for a second day. So far, Bangkok Gov. Sukhumbhand Paribatra has ordered evacuations in 11 of Bangkok's 50 districts. THE ASSOCIATED PRESS



"I used to tense up every time I received my bill from the other provider..."

*Harpreet S. of Vancouver
WIND CUSTOMER SINCE MAY 2011

THAT'S THE POWER OF



\$29

per month
for 1 year

UNLIMITED CANADA-WIDE TALK + TEXT + DATA

Our Oh Canada Plan includes Unlimited Canada-wide talk, text & data from anywhere on our network, plus all our plans include Caller ID.



\$0

WITH
WINDtab+

Nexus S
from Google



\$0

WITH
WINDtab+

BlackBerry® Curve™
9360



\$0

WITH
WINDtab+

LG Optimus 2X
Superphone

Get a **\$0** phone with **no term contract**.

Love WIND? Tell us why at
WINDmobile.ca

Limited time offer. Conditions apply to WINDtab+. To learn more about WINDtab+ and how to get a \$0 phone with no term contract go to WINDmobile.ca. WINDtab+ is only available at participating locations. Conditions apply to Oh Canada Plan. Learn more at WINDmobile.ca. Data services subject to WIND's Fair Usage Policy and Internet Traffic Management Policy. All services subject to WIND's Terms of Service and are for personal use by an individual. WIND, WIND MOBILE and WINDtab+ are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © 2011 WIND Mobile. BlackBerry®, Curve™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Portions of this imagery are reproduced from work created and shared by Google according to terms described in the Creative Commons 3.0 Attribution License. LG and the LG logos are registered trademarks of LG Electronics and its affiliates. ©2011 LG Electronics. All other trademarks are the property of their respective owners.

Ottawa protester claims he was scammed at camp

A vulnerable young man who says he was conned into putting a \$600 on his credit card will likely get his money back after he spoke up about the fraud this weekend.

Kader Diabate, a 19-year-old Occupy Ottawa protester, said a man who was also staying at Occupy camp offered to get him a free phone and took him to the Telus store at the Rideau Centre last Saturday.

"But actually the phone wasn't free," he

said.

Diabate used his credit card, but the phone wasn't set up in his name and when the fraudster returned to the camp he kept the phone.

The man promised to pay Diabate back but left the camp a couple of days later without paying and now is nowhere to be found.

Diabate filed a police report and spoke with a Telus representative on Saturday.

● JESSICA SMITH IN OTTAWA

Halifax protesters hold ground

Nova Scotia protesters remained in Grand Parade yesterday, even though Mayor Peter Kelly had asked they be out of the area by Saturday night for the upcoming

Remembrance Day and Dignity Day ceremonies.

"We're making a political statement by staying longer than the 6th," said John Thibeau, a spokesperson for Occupy Nova Scotia.

The occupiers say they will completely vacate in time for the ceremonies on Wednesday. ● METRO

Arrests won't deter protesters

► Occupiers arrested after they refused to leave the park and roads after curfew ► One charged for aggravated assault and obstruction

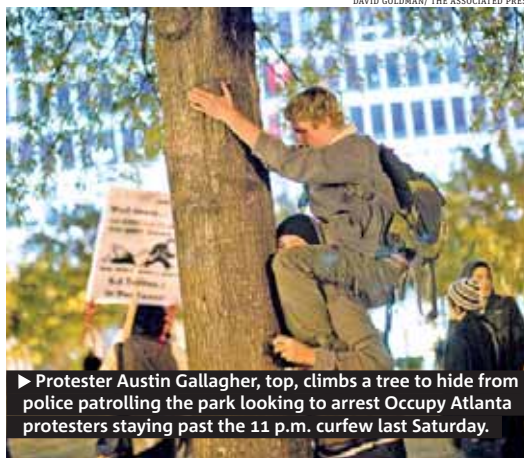
Occupy Atlanta organizers said yesterday that they plan to again try to camp at a city park, setting up yet another showdown with police a night after 20 people were arrested during a rally that spilled into the streets.

The group was to hold its general assembly meeting yesterday evening, then march back to Woodruff Park downtown, said organizer Tim Franzen.

Atlanta police spokesman Carlos Campos said police would continue to enforce the law.

Anti-Wall Street protesters across the U.S. have been arrested in recent weeks, most for curfew violations.

Some of the most intense confrontations between demonstrators and police have been in Oakland, Calif., where two Iraq



War veterans have been hurt in separate clashes with officers.

Before Saturday's 11 p.m. curfew, a crowd of several hundred protesters had set up tents at Woodruff Park, the scene of about 50

arrests of demonstrators last month. Organizers had said they planned to stay overnight despite warnings from the mayor and police that anyone there past closing would be arrested.

But as 11 p.m. ap-

proached, protesters began decamping peacefully. Dozens of officers were on hand, herding protesters away from the park's entrances and installing barricades around it. A police helicopter flew overhead.

While most protesters left the park, a few people stayed behind.

Many spilled onto Peachtree Street, blocking roads. An officer on a motorcycle, with its lights and siren turned on, drove into a crowd marching on the street.

Video of the incident appears to show two people pushing against the front of the motorcycle as the engine revs.

A scuffle ensues when a third person intervenes, which leads to a sometimes tense confrontation between protesters and officers. THE ASSOCIATED PRESS

OPEN TO THE PUBLIC - ONE DAY ONLY! MONDAY NOV 14

HOPSCOTCH
SCOTCH | WHISKY | BEER
FESTIVAL

MOLSON BREWERY TOUR

FOR THE FIRST TIME EVER, guests will be taken on a tour of the very special section of the brewery where the Microcarbonated Molson M is produced. Join the brewmaster's themselves as they take guests on a tour of the massive Molson Brewery and show you the difference between brewing their older brands as well the new process of Microcarbonation. This event is described in one word: FUN!! Taste beer that has been brewed that day and kegged mere hours before you taste it. This event WILL sell out, especially since this brewery is not open to the public. Get your tickets now. Snacks will be provided. **LIMITED TICKETS LEFT - ONLY \$35**

LIMITED TICKETS TO THIS & OTHER GREAT EVENTS STILL AVAILABLE!

www.hopscotchfestival.com

CANADA'S BIGGEST WHISKY AND BEER FESTIVAL, NOVEMBER 14-20

FOODCONNECT, METRO, Vancouver, METRO, VENTURA, Canadian Whisky Festival

let's go home together

meet bc sports hall of famer,
tommy europe
snack on your champion-chip

tuesday, november 15
3-4pm, urban fare (alberni street)

enter for your chance to
win 1 of 5 grey cup packages

family pass to the bc sports hall of fame
1 year supply of popchips
pair of vip passes to get your
photo taken with the grey cup
and tommy europe

to register and for full contest
details visit **clubmetro.com**

BC SPORTS HALL OF FAME
popchips
SHORE 104.3 fm
VANCITYbuzz
club metro .com
VISIT TO ENTER

Joining hands against the pipeline

Thousands of protesters, including a Nobel laureate and a movie star, marched around the White House yesterday in opposition to TransCanada's Keystone XL pipeline.

It's the latest in a series of White House protests aimed at convincing U.S. President Barack Obama to block the \$7-billion project that would carry Alberta oilsands crude through six American states to Gulf Coast refineries.

Mark Ruffalo, nominated for an Academy Award last

year, and Jody Williams, winner of the 1997 Nobel Peace Prize for her work on banning landmines, were among a sea of protesters who marched along several city blocks before joining hands to surround the White House. Police on the scene estimated the crowd was about 5,000 strong.

The U.S. State Department will make the ruling because the pipeline crosses an international border. Obama has said the final decision will reflect his views and he isn't swayed



► Demonstrators march with a replica of a pipeline during a protest against the Keystone XL Pipeline outside the White House yesterday in Washington.

EVAN VUCCI/THE ASSOCIATED PRESS

by the argument that it will create thousands of jobs. The State Department suggested it might defer a decision to assess whether Keystone XL is in the U.S. national interest.

Opponents point to a series of recent spills along oil pipelines, arguing that the project is a disaster waiting to happen, since it would carry millions of barrels a week of carbon-intensive oilsands crude to environmentally fragile areas of the U.S. Great Plains.

THE ASSOCIATED PRESS

Market moment

TSX



- 60.11
(12,408.25)

Dollar



- 0.84¢
(98.36¢ US)

Oil



+ \$0.19 US
(\$94.26 US)

Natural gas

\$3.783 US
(+ 0.5¢)

Gold

\$1,756.10 US
(- \$9.00)

PRICES AS OF 3:30 PM EDT

What does 50-Mbps-Internet-speed-and-home-phone-that-are-unlike-anything-the-phone-company-can-offer mean to you?

It means superior video streaming, downloading, networking and gaming plus Shaw to Shaw calling at a great price.

\$41.00 | per month | for first 6 months* | Broadband 50 Internet | Home Phone Basic

Call 1.888.516.4187 or visit SHAW.CA/BROADBANDOFFER



Seamless streaming
Fastest Speeds

What does **SHAW** mean to you?

Voice mail to email

*Broadband 50 Mbps, 100 Mbps and 250 Mbps services are delivered by a network utilizing the latest DOCSIS 3.0 modems, latest IP Backbone routers with 100 Gigabit DWDM and 100 Gigabit IP links, and the most DOCSIS DS RF Channels of any service provider in North America. 1 Gbps speed available in select neighborhoods where technology permits. Internet speeds are based on optimal conditions. Not all Shaw services are available in all regions. All Shaw services are provided under Shaw's Joint Term of Service and Acceptable Use Policy located at www.shaw.ca. Offer available in most markets for new Shaw Internet and Phone customers. Customers will pay \$41 per month from months one to six, the price for Broadband 50 Internet and Home Phone Basic after promotional period will be \$74.90 per month. Offers and prices are subject to change. Shaw services are subject to our terms of use, privacy policy and acceptable use policy, as occasionally amended and available on shaw.ca.

Home Phone Lines



All Features FREE

Keep your existing phone number

Risk Free Trial

We're confident you're going to love the service... If you're not 100% completely satisfied, you don't pay. It's that simple!

Unlimited Local

- ✓ Unlimited local calling
- ✓ 14 free features

 **\$14⁹⁵**

Unlimited Canada

- ✓ Unlimited local calling
- ✓ 14 free features
- ✓ Unlimited Canada calling

  **\$19⁹⁵**

Unlimited Global

- ✓ Unlimited local calling
- ✓ 14 free features
- ✓ Unlimited North America calling
- ✓ **Unlimited calling to almost 60 countries**

  **\$29⁹⁵**

Limited time offer

6 Months FREE

Your Satisfaction is Guaranteed or You Pay Nothing!



1-866-769-9601

Follow Us...

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP. All features are available on traditional V1. All Unlimited Plans do not include calls to the Yukon, Northwest Territories, Alaska and Hawaii. The 6 Month Free Promotion is based on a 30-day term and includes a 90-day Satisfaction Guaranteed period. The Global Plan includes a 90-day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 90 days, you will receive an additional 3 months free for a total of 6 months free. Terms and conditions apply. See www.comwave.ca for details.

Long Distance

Lifetime Rate Guarantee

- ✓ No matter where you call, anywhere in the world
- ✓ No matter what rate you pay now...
We'll beat it

Comwave will beat all
competitor's rates
Guaranteed!!!



3.9 ¢/min  Bangladesh	5.9 ¢/min  Iran	7.9 ¢/min  Lebanon	1.9 ¢/min  Romania	7.9 ¢/min  Ukraine
 Australia.....1.9 ¢/min	 Israel.....1.9 ¢/min	 South Korea.....2.9 ¢/min		
 Bosnia.....13.9 ¢/min	 Italy.....1.9 ¢/min	 Sri Lanka.....9.9 ¢/min		
 China.....1.9 ¢/min	 Lebanon.....7.9 ¢/min	 Trinidad.....4.9 ¢/min		
 Colombia.....3.9 ¢/min	 Mexico.....1.9 ¢/min	 U.A.E.....14.9 ¢/min		
 Cuba.....89.9 ¢/min	 Pakistan.....5.9 ¢/min	 U.K.....2.9 ¢/min		
 El Salvador.....9.9 ¢/min	 Philippines.....11.9 ¢/min	 Vietnam.....4.9 ¢/min		
 Germany.....1.9 ¢/min	 Poland.....1.9 ¢/min	 Serbia.....7.9 ¢/min		
 India.....2.9 ¢/min	 Russia.....1.9 ¢/min			

1 cent to India



1000 minute bundle
only \$10/month

1¢
/minute

Unlimited Canada



Unlimited calling to
anywhere in Canada

\$5
/month

**30 Minutes
Every Month FREE**

(To Canada & USA)
Satisfaction Guaranteed... No Contracts



1-866-769-9601

Follow Us...



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitor's lowest advertised rate for the services. Comwave will not rate match against pay-by or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. see www.comwave.ca for details.

PROTEST WORTHY OF A DICKENS NOVEL

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER



I don't know who's writing the script, but whatever you think about the Occupy Vancouver protest and tent city, you have to admit it's an epic story.

Death, drama, defiance, destiny. Tale of Two Cities meets Hamlet meets V for Vendetta, with a bit of Cheech and Chong thrown in for comic relief.

And we still don't know how it's going to come out, although you get the feeling there will be no Hollywood happy ending.

What began as a spontaneous burst of protest energy has deteriorated into chaos and grief with two suspected drug overdoses in three days and the death of one of them, a young woman identified as Ashlie Gough.

"Cue the weatherman who predicts torrential rain over the next three days. If you think the morale in the tent city is bad today, wait a few days as it sinks into a morass of mud and paranoia."

This sad human tale has massive political ramifications worthy of a Dickens novel. It's all going down on the eve of an election, and the politicians are trying to score as many points as possible without looking as if they are trying to score as many political points as possible.

Cue the weatherman who predicts torrential rain over the next three days.

If you think the morale in the tent city is bad today, wait a few days as it sinks into a morass of mud and paranoia.

Meanwhile, Hamlet, er, Gregor Robertson, stands on the sidelines wringing his hands, at first declaring the protesters can stay indefinitely and now, with the overdoses, declaring an end to Occupy Vancouver. He'll get back to us on when and how.

As Robertson dithers, the fire department seems to be running the city, as firefighters negotiate with the protesters to improve safety conditions on the site.

It reminds me of that Sprint commercial on cable TV: What if Firefighters ran the world? A grizzled veteran steps up to the mic before an assembly of other grizzled veterans: "OK, guys, what about the budget? Balance it! Who wants better roads? We do! How about clean water? Aye!" After 30 seconds, the grizzled veteran steps off the podium. "Dis is the easiest job I ever had." Assembled veterans chuckle. We could use a little of that practical wisdom here.

But there's something haunting about Occupy Vancouver, and as it falls apart, as these things inevitably do, let's not forget that they are there to do our dirty work. They are there to protest greed and inequality, and the latest poll says 51 per cent of Vancouverites agree with that. Of course, 75 per cent want them to pack up — and leave only a legacy behind.

It's a story we can tell our grandchildren ... if we dare to have any.

Huntingdon gets Rotary Club's latest playground

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The Rotary Club of Abbotsford wants kids in Huntingdon to stay active and have fun at a new playground in the 'hood.

It has now helped with funding eight playgrounds around Abbotsford since 2003.

As a rapidly growing community with many families, the Huntingdon neighbourhood was an

ideal location for the latest playground site.

The Rotary Club hopes that this playground will contribute to a healthy and active lifestyle for local and visiting kids alike, but its more immediate effects have been pretty rewarding too.

As the Rotary Club of Abbotsford's Dorothy Van der Ree said, "The smiles on the faces of the

children and their enthusiasm for the equipment are certainly heartwarming for us."

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metoweb.com and we will share them right here.

Tweets

- ▶ @DOAJoe: Difficult decision for DOA to play #occupyvancouver 95% thought we should play. Addiction needs treatment as medical problem not criminal
- ▶ @Russellcrowe: Went to the BC Lions game. They smashed Montreal. I ate at least a Lion's worth. Sunday in the studio with @alanthomasdoyle, let there be Folk
- ▶ @KootenayBill: Have you ever watched a stock value soar knowing the intrinsic value doesn't support the price? BC Conservative poll results?
- ▶ @sportsnetmurph: Just had a little chat with Sting in the hotel elevator. Funny, I don't think he knew who I was. #rockstar
- ▶ @dantemars: S/O To the homie @andrewharis33 Hell of a game last night young grass hopper... CHUUCH!!!
- ▶ @Russellcrowe: Met the Grey Cup last night. Fascinating, originally for Rugby! I've been photographed with Stanley and Grey now, you guys got any other cups?
- ▶ @jb_0813: From worst to first: Lions romp Als to win West title bit.ly/rzCCaO



photo of the day



▶ This photo titled Autumn Wait at the Banff Train Station, was submitted to the Imagination category by scarson.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.



Register at
metropolitanpanel.ca
and take the quick poll

What would you
do with an extra
hour every week?

52%
CATCH UP ON SLEEP

14%
CATCH UP WITH
FRIENDS AND FAMILY



34%
CATCH UP ON CHORES

Love on the rocks

► Move over Kim Kardashian. Musical uncouplings are taking centre stage, with a number of breakups announced over the last month ► Singing about love doesn't mean you're good at it

PAT HEALY
SCENE@METRONWS.CA
METRO WORLD NEWS IN BOSTON

While Kim Kardashian runs unchallenged for most important divorce in the universe, elsewhere in the entertainment industry there have been a few other quiet uncouplings that are no less newsworthy.

In mid-October, Sonic Youth figureheads Thurston Moore and Kim Gordon announced that they're separating after 27 years of marriage. Last week, actress and She & Him singer Zoëy Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation after two years of marriage.

For some reason, musical romances seem to be more legitimate than Hollywood marriages. Perhaps because the resumé bullet points of a songwriter include exploring the essence of love and giving hope to the masses. And when those people find love in their own personal lives, it makes everyone happy.

But musical couplings seem rife with hazards and a history of rock relationships being, well, rocky.

Within the pop pairings there are more Bobby Brown and Whitney Hous-



► Actress and She & Him singer Zoëy Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation last week after two years of marriage.

ton examples than there are successful ones like Arcade Fire's Win Butler and Régine Chassagne.

If both partners are leaders in their bands, they obviously have strong personalities. And if they're in the same band, that's even more challenging.

Glen Hansard and Marketa Irglova made a lovely

musical couple in the movie *Once*, and in their band, the Swell Season, the pair made a convincing case for the existence of true love. But when we spoke with Hansard a few years ago, he said the romance route was not productive for their art: "We kind of tried it out, and decided it wasn't for us."

Blake Hazard and John Dragonetti continue to shine as a beacon of wedded hope. In their band, the Submarines, they lyrically lay out their quarrels.

"Without getting into it too much, it's been up and down," said Dragonetti when we spoke to him this past spring. "We're trying

'Rock Wit U'

Other musical couplings still going strong:

- Alicia Keys and Swizz Beatz
- Ryan Adams and Mandy Moore
- Jason Hammel and Kori Gardner of Mates of State
- Ira Kaplan and Georgia Hubley of Yo La Tengo
- Bruce Springsteen and Patti Scialfa
- Elvis Costello and Diana Krall

to figure it out. It gives us stuff to write about."

Hazard chimed in, "I don't think there's quite a way for writing about things without pulling any punches."

Bethany Cosentino of Best Coast, who dates Wavves singer and guitarist Nathan Williams, told Metro last year that the hardest part of dating another musician in the spotlight is the public's perception.

"It's not like we were like, 'Oh hey, we both play music, let's start dating,'" she said. "We've known each other for five or six years."

2

scene

Scene in brief



Puss in Boots pounced on Tower Heist and Harold & Kumar at the box office. The film earned \$33 million in its second weekend, according to studio estimates Sunday. Tower Heist starring Ben Stiller and Eddie Murphy palmed \$25.1 million in the No. 2 spot, while the R-rated sequel A Very Harold & Kumar 3D unwrapped \$13 million at No. 3.

THE ASSOCIATED PRESS



Marvel bringing most of its titles to digital the same day they go on sale in shops in 2012.



THE WORLD IS YOUR PHOTO EXHIBIT

To submit your photos and for full contest details visit:
metrophotochallenge.com

metro

First time skydiving! So scared!

Enter Now!
Facebook.com/quittersunite

So many shoes!!! lol

Tell us what you would do with an extra \$300 & we'll make it happen!

QUITTERS UNITE

Have a novel November

- Feel like there's a book or two tumbling around inside your head?
- Special website supports aspiring authors through the creative process



How's this for a novel concept? Write a novel in a month, starting today. That's exactly what a quarter of a million people will do as part of National Novel Writing Month.

NaNoWriMo began with 21 writers in the summer of 1999, and each year, the participants grew exponentially, from 5,000 in 2001 to the 250,000 reportedly registered on nanowrimo.org for this year.

Headquartered in San Francisco, NaNoWriMo is all about "quantity not quality."

In other words, they want you to write without

thinking.

At the end, you'll have 170 pages of material you can edit.

It's also a chance for those who have always wanted to write but constantly put it off, to be motivated by the looming Nov. 30 midnight deadline.

Since the first month in 1999, more than 140,000 novels have been written, with more than 100 of those getting published.

Sara Gruen wrote the No. 1 New York Times best-seller *Water For Elephants* as a NaNoWriMo novel.

So without the NaNoWriMo site, the world might have never seen Robert Pattinson paired with Reese Witherspoon in the

major motion picture adaptation.

Though donations are encouraged, there is no fee to participate in the project, and in December, visitors to the site can read the work of writers who met the minimum 50,000 word count.

Now let's get you started.

Week 1:

Write at least 1,700 words or more a day to get off on the right, inspired foot.

Concentrate on writing without thinking and get out of the habit of going over every sentence.

Wake up early and write, as opposed to waiting until nighttime.

Develop definite characters with solid backgrounds.

The writer's process

It is possible to write a novel in one month.

► The question you should be asking is, is it possible for you to do it? You have an idea in your head of some of the characters, but other than that, you have absolutely no idea where this story will go.

► However, the idea of writing without a plan excites you. If you don't have an outline of a story, you should at least have an outline of the next four weeks.

Week 2:

By the beginning of Week 2, you should have already figured out the conflict and have begun to



► Take breaks — putting pen to paper can be exhausting... and rewarding.

lead the characters to it. NaNoWriMo suggests 22,000 words by the weekend, but you'll aim for 25,000.

Start to think about the future of the story: Where will these characters go and how should it affect their actions in this point of the novel?

Week 3:

A conflict should be developed and actions should be leading up to this point

Try to stay positive: It's half over, and your sleep pattern will be normal again soon!

Main goal: Write as much as you can as the

last week (and the holiday season) approaches.

Week 4:

One week left means your characters will most likely be at or going through the climax of the novel.

The next question on your mind will be: How will this end?

Your (hopefully tiny) bit of procrastination will probably show through at the end of this week, so you'll aim for 2,000- to 5,000- word days

Hit 50,000 words and submit your novel to the website by midnight on Nov. 30. Get a book deal, Fame ensues!

Yo GABBA GABBA! LIVE!

IT'S TIME TO DANCE!

PRESENTED BY KIA KIA MOTORS



CAR ACCIDENT INJURY

Let us help you recover from ICBC.

Do NOT settle for less.

FREE Consultation.

Percentage Fees Available.

Call
STEVE ANDERSON
604.736.9791

PERSONAL INJURY
LAWYER

OWN THE MOVIE EVENT OF A GENERATION.

THE EXPLOSIVE FINALE
ON BLU-RAY COMBO PACK & DVD 11.11.11

YOU COULD WIN A COPY OF **HARRY POTTER AND THE DEATHLY HALLOWS™ PART 2** ON BLU-RAY COMBO PACK OR DVD!

To register and for full contest details visit clubmums.com

VISIT **clubmums.com** TO ENTER

HEYDAY FILMS

THIS FRIDAY!

FRIDAY, NOVEMBER 11

QUEEN ELIZABETH THEATRE

ticketmaster.ca

604-280-4444 • ALL TICKETMASTER RETAIL OUTLETS

Sorbo breaks his silence

► Hercules actor details physical struggles in new book True Strength

MEREDITH ENGEL
SCENE@METRONWS.CA
METRO WORLD NEWS IN NEW YORK

As the title star of Hercules in the 1990s, Kevin Sorbo was known for his strength and vitality. But off-camera, he hid a deep secret: His abilities had been severely limited since falling victim to an aneurysm and multiple strokes — in one day — in 1997. Now, 14 years after the illness that nearly killed him, he is breaking his silence in a new book, True Strength.

"I'm one of those guys — even in college, you have paper due at the end of the semester and I wait for the last week. It had just gotten to a point where I said, 'You know what? I just have to do this,'" Sorbo says of his decision to write the book now.

Coming clean about his strokes was "strange," Sorbo says, because the Hercules studio had tried to keep them under wraps for years. Stunt doubles were hired and scenes were rewritten around the star. Sorbo says he was "immediately grateful" for the smoke and mirrors.

"They let out the aneurysm," he says.

"It was all over the news, so people knew that I was sick. But the studio still had two years left in my contract and they wanted to go another three years beyond that because it was the most watched show in the world. I didn't want anyone to know that this guy who was larger than life, playing this big superhero guy — I thought that I was Hercules in a way and then I would suddenly go to 90-years-old overnight.

"I learned that everybody has a story; we all have pains in our lives. We feel like we are alone but we are not alone, because we have all these similarities and all these stories."

KEVIN SORBO

"It was tough for my ego. I thought that my life was over and that I would be in a wheelchair for the rest of my life. So I'm really grateful to the studio for working around me to get through an episode without me."

And yet, despite the debilitation, Sorbo made Herculean efforts to get back on his feet.

"I'm a very strong-willed

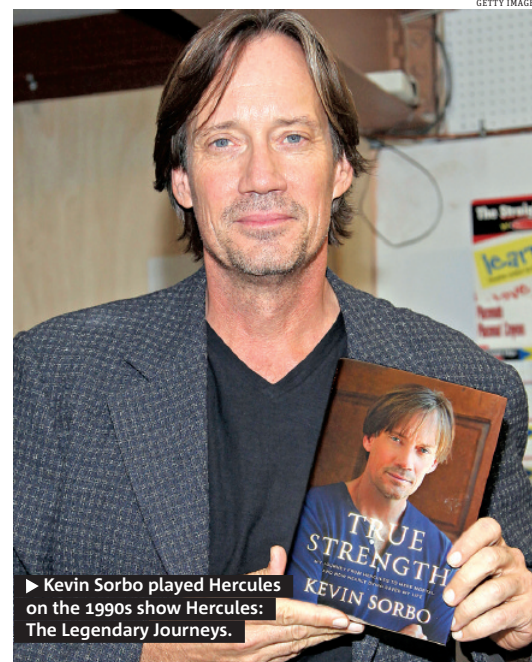
person and I have a very driven personality," he says.

"When they told me that this was what I had to do to get better, I would do 10 times more than that. I pushed myself. I would throw myself into the situation and tell myself, 'Hey, no pain, no gain.' I looked at this as a gift and decided to accept it.

"Initially, it made me mad, but after a while, I got it. It changed my life completely. I became a much more patient person. I became a far more compassionate person and that's why I wrote the book."

These days, the actor says he's feeling good, despite frequent migraines and some dizziness when he overdoes his workouts.

He acknowledges his gut as a means to let him know he's reached his limit. It's a resource, he claims, we all



► Kevin Sorbo played Hercules on the 1990s show Hercules: The Legendary Journeys.

need to learn how to tap into.

"You know when something is wrong," he says. "Guys, we just have this stupid ego. Guys are so insecure about our manhood —

we do not want to admit weakness to anybody. But you know what? The reality is, you really just got to listen to that voice. Look past your ego and take care of yourself."

SEARCHING FOR IMMORTALS

Word Search

Hidden in the maze of letters are the names of 13 of the main characters from *IMMORTALS*, which opens everywhere November 11. They run in all directions, forward, backward, up and down and diagonally.

A clue, the character played by Mickey Rourke - *King Hyperion* - gets top billing.

Other characters you are looking for are:

Apollo	Lysander	Priestess
Athena	Minotaur	Stavros
Cassander	Phaedra	Theseus
Heracles	Poseidon	Zeus

C V N O I R E P Y H G N I K X
C H A Z T D F O C X K L T Z I
A U N G E B B S J Y P Y S J S
S R E F M U J E S U E S E H T
S K H T I M S I E Y J A N D A
A K T Y N R P D L N M N U K V
N H A P O L L O C V I D K O R
D J R T T N C N A Y Q E K L O
E S V B A E P G R K D R A F S
R N Z Z U P R I E S T E S S Y
U J R A R D E A H P I J K P F

F J R A R D E A H P I J K P F
Y S S E T U P R I E S T E S S Y
S V B A E P G R K D R A F S
O L O C V I D K O R
D J R T T N C N A Y Q E K L O
R N Z Z U P R I E S T E S S Y
A K T Y N R P D L N M N U K V
N H A P O L L O C V I D K O R
S K H T I M S I E Y J A N D A
S R E F M U J E S U E S E H T
A U N G E B B S J Y P Y S J S
C H A Z T D F O C X K L T Z I
X

STARTS EVERYWHERE FRIDAY

IN THEATRES, REALD 3D, DIGITAL 3D AND 2D

RELATIVITY

Facebook.com/AllianceFilms

ImmortalsMovie.ca

YouTube.com/AllianceFilms

ALLIANCE

To register and for full contest details visit clubmetro.com



5 things

to know about 007's Skyfall

There was a time last year when the future of the James Bond franchise was in more danger than 007 himself: The studio behind the movies, MGM, teetered on bankruptcy, leaving the series in limbo. But Bond

23 — now officially called Skyfall — is a go. “We start shooting today,” announced Daniel Craig from a press conference in London on Thursday. Among the top five facts confirmed:

1. The title!

Although previous titles have referenced creator Ian Fleming's works, Skyfall is apparently brand new, with no connection. Perhaps it's meant to evoke the Transformer with the same name. 007 versus the Decepticons? No:

“It has emotional context, which will be

revealed in the film,” said producer Barbara Broccoli.

The official 007 Twitter feed revealed more a few hours later: “Bonds loyalty to M is tested as her past comes back to haunt her,” it said, regarding the role that will be reprised by Dame Judi Dench.

2. Villain Javier Bardem is a softie in real life.

“One of the most beautiful memories I had as a kid was going to see all these movies,” said the badass from No Country For Old Men at the press conference Thursday. His character's signature quirky feature (all Bond villains have one) will remain a secret (bad haircut?).

3. Naomie Harris, star of Pirates of the Caribbean: Dead Man's Chest, will star as field agent Eve.

Is she good or evil? The Bond Girl is not telling. “I'm still pinching myself. Raring to go. I spent two months training for the part.”



► Actors Berenice Marlohe, left, Daniel Craig, and Naomie Harris star in Skyfall.

4. Sam Mendes can handle this.

The director of American Beauty isn't known for his action movies. But he said he has a good second-unit director — Alexander Witt, who directed set pieces for Casino Royale and X-Men: First Class. He added: “The action needs to coexist with the drama.”

5. And perhaps, most important: Will Craig and Bardem take off their shirts?

“Damn right,” said Broccoli.

● METRO

“One of the most beautiful memories I had as a kid was going to see all these movies”

ACTOR JAVIER BARDEM ON THE BOND FILMS. BARDEM WILL BE PLAYING THE VILLAIN IN THE NEWEST BOND FILM SKYFALL.

ENTER FOR YOUR CHANCE TO WIN 1 OF 2 GRAND PRIZES

55" PASSIVE 3D TV AND 3D BLU-RAY PLAYER FROM TOSHIBA

IMMORTALS

IN THEATRES

11.11.11

real D 3D AND DIGITAL 3D

immortalsmovie.ca



To register and for full contest details, visit **clubmetro.com**

The Snooki empire keeps on growing

► Metro catches up with Jersey Shore's leading guidette

CASSANDRA GARRISON
SCENE@METRONWS.CA
METRO WORLD NEWS IN NEW YORK

You know her as the gorilla-loving, boardwalk-dancing, fluffy boot-wearing meatball guidette on The Jersey Shore, but there is much more to Nicole "Snooki" Polizzi than hair-spray and sequins.

The self-proclaimed "boss lady" is in the process of creating an empire, complete with Snooki-branded products and best-selling books.

Metro caught up with her at the launch of her newest venture — her very own fragrance (called, of course, Snooki).

What made you decide to launch your own fragrance?

I get a lot of opportunities to do a lot of things and I have always loved perfume since I was 13. I could never really find the right scent for me.

I would even try to mix Britney Spears with Juicy and just try to make the right scent but I could never find it.

And just the fact that I got to make my own perfume and have the scent that I wanted, and I think everyone else is going to enjoy it, it's great.

Is it Jionni-approved?

I definitely wanted Jionni to like it, because if he likes it, I know all the guys are going to like it.

So the fact that he loves it and he didn't even know it was mine, I knew I had it.



► Snooki now has her own fragrance. Its name? Snooki, of course.

Tell us about your new book Confessions of a Guidette.

It's different from my first, 'cause my first was a novel. This book is kind of like a how-to. A lot of people asked me where I get my fashion, or for tips on guys, tips on friends. So everything that people always ask me is in the book.

Anything you can tell us about season five of The Jersey Shore? What's the drama like?

I wouldn't say it's dramatic. Obviously, there is going to be drama, but it's a lot more fun. It's back to being fun and laughing with each other, because Italy was just very crazy with drama. I hardly had fun.

I was just homesick and wanted to be back. So the fact that we went straight to Jersey and filmed the next season, you're just going to see us so happy to be back at home.

How often do you hang out with your castmates when you guys aren't filming?

It's really hard because Pauly is DJing and everybody is doing their own thing. Jenni is promoting a lot of her stuff so it's really hard to see each other.

What's nice is when we do go to MTV together to promote the show or something, that's when we all see each other.

How are things between you and Mike, "The Situation"? Have you smoothed things out?

You're going to have to wait till the next season, but it's not a surprise that I don't like him.

You look amazing! What do you tell people when they ask you how you lost weight?

I stopped drinking. I hardly drink when we're not filming the show, so that helped a lot.

Visit a Scotiabank® branch and you could

WIN a \$10,000 PRIZE*



Buy your Fee-Free* American Express® Travellers Cheques at Scotiabank.

ALSO VISIT WEEKLY FOR YOUR CHANCE TO WIN \$500!

metronews.ca/scotiabank

*Registered Trademark of the Bank of Nova Scotia. ©1 Used by Amex Canada Inc. under license from American Express. *No purchase necessary. Contest Sponsors: Amex Canada Inc. and the Bank of Nova Scotia ("Scotiabank"). The Contest Period starts at 9:00 a.m. ET on October 3, 2011 and ends at 7:00 p.m. PT on November 30, 2011. The contest is open to all residents of Canada who have reached the age of majority in their province/territory of residence on or before October 3, 2011. To enter, purchase in a single transaction, \$1,000.00 CDN equivalent in American Express Travellers Cheques at any Scotiabank branch during the Contest Period. There is one (1) prize available to be won consisting of \$10,000 CDN cash deposited into a Scotia Money Master® Savings Account. Odds of winning depend on the number of eligible entries received. Winner must correctly answer a mathematical skill-testing question. To opt out of automatic entry into this Contest, email your request with your full name and address to the Independent Contest Organization at: amexoptout@themarccorporation.com. For complete rules and regulations including information about how to make a no purchase entry visit www.scotiabank.com/travellerscheques or your local Scotiabank branch for details.



THE WOMAN CAUSING THE BIEBER DRAMA

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



It looks like Mariah Yeater, the woman claiming to be Justin Bieber's baby mama, has a rap sheet.

Here is a booking photo, taken last year on Dec. 21, in Las Vegas, when she was arrested for battery domestic violence, injury/destroying property and threatening telephone calls.

The reason for the hubbub? Apparently Yeater showed up at an old boyfriend's home, claiming she was pregnant by him (it is assumed it is the same baby that she later claimed Bieber fathered).

A fight broke out, Yeater



▶ Mariah Yeater

assaulted the guy, and she was arrested, according to TMZ.com. Of course, this doesn't mean Yeater isn't telling the truth about Bieber but it certainly puts a dent in her credibility.

There is no word on when the paternity test is scheduled for but maybe instead of blood work, they should just see if that baby can dance like Usher? That should settle things.

FOLLOW DOROTHY ROBINSON ON
TWITTER @DOROTHYATMETRO

Speaking of baby mamas...

Though she denied her pregnancy as long as she could, Jessica Simpson is more than happy to talk about it now.

She tells Us Weekly that she and fiancé Eric Johnson are "both thrilled" about the impending arrival.

"We can't wait to meet our baby," Simpson says.

A source adds that the singer is "very, very excited about the pregnancy."

Family is really the most important to her."

● METRO



Did baby mama claims drive Biebs and Gomez apart?

- ▶ Justin's camp on damage control
- ▶ Selena's rep denies the breakup

Selena Gomez has reportedly split from Justin Bieber over allegations that he fathered a child with a 20-year-old fan, according to Radar Online.

"Selena ended it abruptly," a source says. "His camp is in damage control mode and attempting to convince her to stick around in the relationship for a few more weeks because they fear it will be seen as an admis-

"Selena ended it abruptly."

-SOURCE

sion that something indeed took place between Justin and the woman who is alleging that he's the father of her baby."

Coincidentally, a rep for Gomez was quick to follow up, telling Us Weekly that the breakup rumours are completely untrue. ● METRO



▶ Back in happier times: Justin Bieber and Selena Gomez

Clooney won't run for office, says dad

George Clooney won't be making a bid for the White House anytime soon, at least according to his dad.

"I don't know whether he will even run for president," Nick Clooney says in an interview with Ireland's RadioOne. The elder Clooney thinks his own experiences running for office might have soured his son on the prospect.

"I know he closely followed my race for the U.S.



▶ George Clooney

House of Representatives in Kentucky, but he didn't like what he saw," Nick says.

● METRO

Celebrity tweets



If time stands still why can't I relax



@TheRichardLewis



@EvaLongoria

I'm driving in LA and its hailing on my car right now! This is crazy! I'm actually not driving and texting, that would be bad. It hailing on the car I'm in!!

@SarahKSilverman



Dear planes: ur too heavy to float. I know there's a sciency answer but I'm still pretty sure we're gonna die

@ConanOBrien



Got in a fight about the Treaty of Versailles. I said the German fines were too punitive; the guy at Starbucks said buy something or leave.



FALL IN LOVE WITH DERMAL DAYS

MONDAY, TUESDAY AND WEDNESDAY ONLY

BUY ANY 2 LASER HAIR REMOVAL OR SKIN REJUVENATION TREATMENTS AND GET YOUR 3RD TREATMENT FREE.*

Dermal Laser Certified Technicians complete over 200 hours of specialized training to ensure consistent, safe and exceptional results for every client. That's why we're an award-winning company.

Call 604.638.SKIN (7546) for a complimentary consultation or visit dermallaser.com

Over 14 years experience | Medical-Grade FotoFacial RF™ | Medical-Grade Peels | Skin Tightening Physician-directed BOTOX® and Dermal Fillers | Laser Hair Removal | Microdermabrasion | Latisse®

WINNER, EXCELLENCE IN LASER
HAIR REMOVAL CATEGORY



*Offer Expires December 31, 2011. Does not apply to physician services, physician-directed services or injectables. Not valid with any other offer. One offer per client.

Dermal
LASER CENTRES

Child free & coming out: Not having kids is a choice

► With the population at 7 billion, do we really need more kids in the world? ► Saying you don't want to have children is no longer taboo ► More people are choosing to stay child-free



THINKSTOCK.COM

Sharp knives, glass cupboards, loads of sugar: no problem if you don't have ankle-biters.

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEW

As the global population hits seven billion, it's never been a better time to think about whether you really want to bring another person into the world.

Fortunately, in the 21st century, more and more people are seeing parenting as an option rather than an obligation.

"The percentage of women who reach the end of their childbearing years

without kids in the U.S. is around 20 per cent now compared to 10 per cent in the 1970s," says Dr. Ellen Walker, author of *Complete Without Kids*.

She also cites declining birth rates in the West, as well as China and Japan as evidence.

"For me, at age 50, I'm still quite an outsider with my peers, but a woman in her 30s who has chosen to be childfree will have more women her age who are in the same boat."

There are hundreds of reasons for not having

kids, from the cost of raising a child, lack of support network to concerns about the ecological impact of adding to an overpopulated world.

The global recession is also a factor. "Many people are concerned about the current and future state of the world and deciding that this is not a place they want to bring children into," says Walker.

It's also a result of openness in society.

Choosing to be childfree is not only becoming a more popular life choice,

but unlike their predecessors, the new generation of DINKS — dual-income, no kids couples — don't feel awkward talking about it.

"People are talking openly about the decision and actually viewing it as a choice, rather than an essential life step," says Walker.

"I'm seeing that women in particular are realizing that we can't do it all, and that it's OK to choose either mothering or career and to walk away from the other."

Where parents see rais-

ing decent children as their legacy and purpose in life, DINKS channel their energies into projects, charity work, hobbies or volunteer work.

"I encourage child-free adults to take time to consider this legacy question carefully," says Walker.

"If you're not a parent (in a world in which this is still the norm), it's critical to find your own purpose.

"Otherwise, you will likely find yourself having regrets at some point about not having had kids."

Kids & colds



With cold and flu season starting, The Canadian Paediatric Society is issuing some frank guidance about how to treat kids' colds.

Its message: Cough and cold medications aren't advised for children younger than six, and other options like echinacea haven't been proven to prevent or mitigate colds in children.

In fact, it says, there's little that is truly useful except fluids, time and TLC.

THE CANADIAN PRESS



New app called ShoeBox allows you to use your iPhone as a photo scanner.

PUCKER UP...VIRTUALLY!

Tell your friends, family or that secret crush just how you feel with a Metro Kiss...then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit **metronews.ca** daily to see who loves whom, or...who loves you!

metro



HELPING OVERWEIGHT TEENS

UBC researchers are recruiting 11-16 yr olds and their parents to participate in a weight loss study.

What's involved? Learning fun ways to live a healthy lifestyle using our internet program with support from our health counsellors. *Honorarium provided.*

Contact us at **604-875-2000 x 6393** or email **mysteps@cfri.ubc.ca** for more info.



CHANGING THE WORLD OF SODA

ORGANIMALS MADE WITH 100 PER CENT ORGANIC INGREDIENTS

As the world strives to become a greener and more environmentally friendly place, people are consuming more organic foods and beverages.

Until now, the market for earth-friendly organic soft drinks has been rather bleak. Pacific Trade-Routes Marketing (PTRM) — a small, independent company based in North Vancouver — is trying to change that.

With their line of products called the Organimals, PTRM is setting out to change the world of soda. Not only are their drinks environmentally friendly, they

are also much healthier than traditional soft drinks.

“It’s a new generation of soda because we don’t use any phosphoric acids, and we have no granulated sugar, or caffeine,” said Saleh Tabatabaei, director of PTRM, who boasts that the Organimals are more family-friendly than traditional sodas thanks to their healthy ingredients.

The Organimals are all made with 100 per cent organic ingredients. They contain no artificial flavours, have no sweetener added, and are free of genetically modified organisms. Even their packaging is earth-friendly.

“We use glass bottles, which are the most environmentally friendly containers you can use,” said Tabatabaei. “We also use paper for our labels and no plastics whatsoever.”

The Organimals have been on the market in Europe since 2009 under PTRM’s partner company, Taunus Gold, and they hit the shelves in Canada this past summer.

“Feedback has been great, people really like it,” said Tabatabaei.

You can find the Organimals in approximately 120 retail locations in Greater Vancouver, as well as various shops in Victoria, the Okanagan, Edmonton and Ontario. Tabatabaei says they are in mostly organic food stores right now, but they fully intend on making

FOUR FLAVOURS

The Organimals come in four unique flavours. Each of them are 100 per cent organic and free of artificial additives.

Koala Cola: Full cola flavour with all of the advantages of its big-name counterparts, but with none of the drawbacks.

Berry Bear: A whirlwind of berry and pomegranate flavours that will have your taste buds dancing. Berry delicious.

Lemon Lion: This sparkling lemony treat is the perfect answer for those craving a citron soda without any guilt.

Orangeutang: Offers the beautiful taste of ripe oranges; the way orange soda should taste.

“We are still in the beginning and we want to work with the independent stores first because supporting them is very important to us,” he said.

For more information and for a list of locations that you can find the Organimals, check out [organimals.ca](http://www.organimals.ca).

— Daniel Hendriksen

THE ORGANIMALS

SOFT DRINKS, 100% ORGANIC

- 100% organic ingredients
- Sweetened with organic agave syrup
- With low glycemic index (<39)
- With organic plant extracts
- No granulated sugar
- No phosphoric acid
- No artificial flavours
- No sweetener added
- GMO free



For more information and for a list of locations that you can find the Organimals, check out: www.Organimals.ca

Dinner — on the run

► It's one of those busy nights with hockey practice and a ballet recital, but you still want to serve something homemade ► Try this hearty, speedy soup

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



Needing a warm bowl of chicken soup and having the time you need to make it often don't coincide.

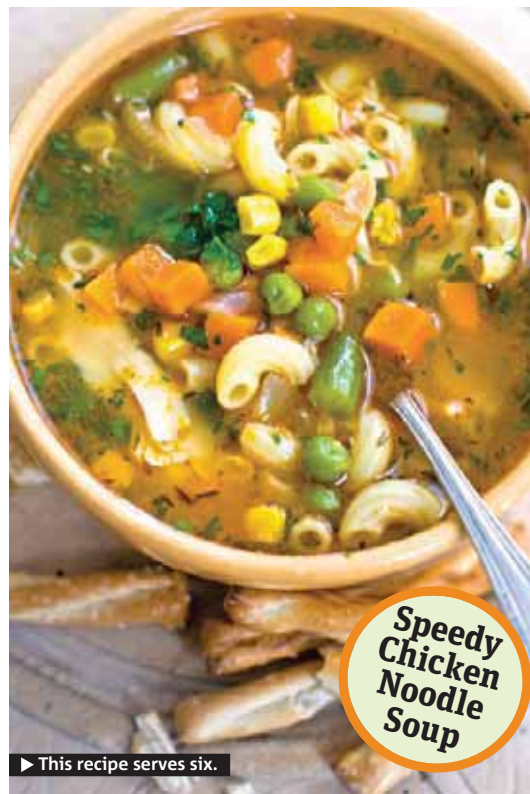
Which is why this quick chicken noodle soup is on the table in under 30 minutes.

The trick is to use mostly prepped ingredients, such as rotisserie chicken, frozen peas, carrots and corn, and prepared broth. You can even buy the onion already diced if that helps.

This soup also can be partly prepped ahead in batches to make your weeknight soup needs even easier to handle.

Simply buy several rotisserie chickens and double or triple the veggies needed. Fill zip-close freezer bags with some of each ingredient, add your seasonings, then freeze. When you need a soup fix, just toss the frozen prepped soup in a saucepan with broth, bring to a simmer and add the pasta.

For an especially nice touch, serve this soup with



► This recipe serves six.

crusty sourdough bread topped with fresh mozzarella and popped under the broiler for a minute. It's great for dunking.

Preparation:

1 Remove meat and skin from chicken; discard

skin and bones. Use your fingers to pull any large pieces into bite-size chunks; set aside.

2 In a large saucepan over medium-high, heat oil and add onion, garlic, cumin, paprika and thyme; cook for about 5

Ingredients:

- 1 kg (2-lb) rotisserie chicken
- 30 ml (2 tbsp) olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 2 ml (1/2 tsp) ground cumin
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried thyme leaves
- 500 g (1 lb) frozen mixed vegetables (such as peas, carrots and corn kernels)
- 2 L (8 cups) chicken broth
- 250 ml (1 cup) elbow pasta
- Salt and ground black pepper
- 125 ml (1/2 cup) chopped fresh parsley

minutes or until starting to brown. Add frozen vegetables and cook for 5 minutes. Add broth and bring to a simmer.

3 Add pasta and cook for 7 to 8 minutes. Add chicken and return to a simmer. Season with salt and pepper to taste. Stir in parsley to serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

THE ASSOCIATED PRESS

Rose Reisman's Swap It



Whether it's movie night or you've just come in from a long day out, pizza snacks are a convenient option. But be careful which ones you choose.

PIZZA POPS (TWO)

520 CALORIES/ 24 GM FAT/ 1,540 MG SODIUM



ONE PIZZA POP IS NEVER ENOUGH FOR A TRULY SATISFYING SNACK, BUT TWO WILL COST YOU MORE THAN 500 CALORIES AND YOUR DAILY SODIUM INTAKE. TWO PIZZA POPS ARE EQUIVALENT TO NINE ORDERS OF MCDONALD'S FRENCH FRIES IN SODIUM.

SWAP IT!

MINI PIZZAS (TWO)

360 CALORIES/ 12 GM FAT/ 800 MG SODIUM

SATISFY YOUR PIZZA CRAVING WITH THESE MINI PIZZAS! THEY ARE MORE FILLING THAN POPS AND HAVE HALF THE FAT AND SODIUM.



[FOR MORE, VISIT ROSEREISMAN.COM]

► Soup isn't your thing? ► Try this quick pasta using frozen Swedish meatballs and fall-inspired vegetables

Stir-fried fall veggies team up with pasta and frozen cooked meatballs for a quick dinner.

Quick Pasta Preparation:

1 In a small bowl or measuring cup, whisk together ketchup, vinegar, soy sauce, sugar and cornstarch until smooth; set aside.

2 Cook pasta according to package directions, omitting salt; drain and toss with 5 ml (1 tsp) of the oil. Cover to keep warm.

3 Meanwhile, in a large deep non-stick skillet, heat remaining oil over medium heat; stir-fry onion for 1 to 2 minutes or until softened. Stir in garlic, ginger and meatballs; stir-fry until meatballs are slightly browned, 3 to 4

minutes.

4 Add broccoli and red pepper; stir-fry for 2 to 3 minutes. Add broth; cover, bring to a boil and cook for 3 to 4 minutes or until broccoli is crisp-tender.

5 Stir cornstarch mixture. Push ingredients to side of pan and gradually stir in starch mixture, stirring constantly until thickened. Stir in cooked pasta and heat until hot. Serve in bowls.

THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients:

- 45 ml (3 tbsp) each ketchup and rice wine or cider vinegar
- 30 ml (2 tbsp) each sodium-reduced soy sauce and granulated sugar
- 15 ml (1 tbsp) cornstarch
- 500 ml (2 cups) uncooked

- curly twisted vegetable pasta
- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, thinly sliced
- 1 clove garlic, minced
- 7 ml (1 1/2 tsp) finely grated ginger root

- 250 g (8 oz) Swedish cooked meatballs (about 500 ml/2 cups)
- 500 ml (2 cups) broccoli florets
- 1 small sweet red pepper, thinly sliced
- 375 ml (1 1/2 cups) beef broth

Quick Veggie & Meatball Pasta



► This recipe makes four servings.

FINDING THE KEY TO RECYCLING

Our office just had the locks changed. Can we recycle our old keys? *Kim of Vancouver*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Why yes, you can!

Keys are considered scrap metal, but you cannot put them into your curb-side blue bins.

You need to find a metal recycler near you. To find a depot location, call the B.C. Recycling Hotline at 604-732-9253 or 1-800-667-4321 outside the Lower Mainland. Their phone lines are open Monday through Friday from 9 a.m. to 4 p.m. You can also email your inquiries to hotline@rcbc.bc.ca. They're outfitted with many hotline operators who would be happy to get

back to you, and fast.

Since you'll be collecting and dropping off a bunch of office keys, make the trip worthwhile.

Extend your collection to the "extra" keys your co-workers are toting around.

Too many of us are weighed down by keys and we don't even recall what they're for.

Ask your co-workers to scour drawers and key-chain holders at home.

Once you find a metal recycler, it doesn't hurt to give them a call to confirm that they accept keys. One option I found is David's Trading and Supply Ltd. in Vancouver.

They accept stainless steel, brass, coppers, aluminum and more. Check out davistrading.com.



David
Suzuki
Foundation



► It's easier than you think to find a place to recycle keys.

We can't help you
manage this.



But we can help you
manage this.



Show that stack of bills who's boss.

epost.ca – your one place
for online bill management.



From anywhere... to anyone

Nothing will get in his way

► Restaurant owner Jason Graca was adamant from a young age that he would live a life without limitations

TURNING POINT

TERESA KRUIZE
LIFE@METRONWS.CA



Jason Graca was five years old when he stared directly into his Dad's video-camera and announced, "I want to be an entrepreneur when I grow up."

Graca was born with cerebral palsy but he always looked beyond his wheelchair and was certain that a whole world of opportunity was waiting before him.

Three long years of saving, sacrifice and putting



► Jason Graca has got plenty to smile about.

some money into the bank and Jason began to visualize his future as an entrepreneur.

"I cut back on all the fun stuff," he says with a laugh.

After researching business opportunities, Jason bought an existing restaurant in London's Covent Garden Market.

Honouring his Portuguese roots, Graca gave

"I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."

JASON GRACA
OWNER OF MANITO'S ROTISSERIE

it an ethnic twist and renamed it Manito's Rotisserie.

It quickly became a hit and now Graca is looking at franchising his business.

He has a message for anyone with an idea and the dream of being their own boss.

"Don't give up on your dreams because you've got extra obstacles. I think the key is perseverance and stubbornness to be honest. I live my life with no



► Jason Graca in his popular Portuguese restaurant, Manito's Rotisserie.

fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."

Jason's tips

Cooking up success

- Passion is the driving force behind entrepreneurship. It keeps a person going during long nights and hard times.
- Persevere. A business owner can't do everything right all the time. Learn from your mistakes and turn them into successes.
- Study your failures. I'm still learning new things every day.
- Have a great team around you. It's essential to have good people to talk to and bounce ideas around — good or bad.

THE WORLD IS YOUR PHOTO EXHIBIT

To submit your photos and for full contest details visit:
metrophotochallenge.com

metro

Turn ON Your CAREER

Take a licensing or certification program in:

Accounting	Financial Services	Immigration
Bookkeeping	Home Inspection	International Trade
Business	Human Resources	Sales & Marketing

and many more...

www.ashtoncollege.com
604.899.0803

Ashton Education with Purpose

ACCOUNT MANAGER

Metro Vancouver is seeking an Advertising Sales Account Manager to achieve sales targets for both our print & online properties. This role will primarily focus on new business development and is ideally suited for someone with sales experience or relevant education looking to break into the exciting world of media sales. Remuneration for this position includes a competitive base salary along with commissions. As part of a highly cohesive sales team and reporting to the Advertising Sales Manager, the successful candidate would have the following:

PRIMARY RESPONSIBILITIES:

- Prospect for new accounts and solicit new business in the marketplace.
- Sell a portfolio of Metro branded products.
- Design advertising programs to meet clients' needs and help them grow their business.
- Negotiate rates in accordance with Metro's guidelines.
- Keep clear and accurate customer files in Metro's CRM.

REQUIREMENTS OF THE POSITION:

- Post secondary degree or diploma in a related field.
- Valid drivers license and a vehicle.
- At least 3 yrs experience in retail sales, media sales is an asset.
- Proficient in Microsoft Office including PowerPoint, Excel, Word and Outlook.
- Proven track record in profitable selling.
- Creative, efficient, flexible, entrepreneurial, collaborative, detail oriented.

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than November 10, 2011. PLEASE QUOTE: "Advertising Sales Representative - Vancouver" in the subject line. All submissions will be treated as confidential.

metro
www.metronews.ca

Does a.m. equal A plus?

► If most of your classes are in the afternoon, consider a switch ► Early birding might just boost your grades

CASSANDRA GARRISON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Wake up — it might improve your G.P.A.

A recent study shows that students who drag themselves out of bed to get to an early class actually have better grades.

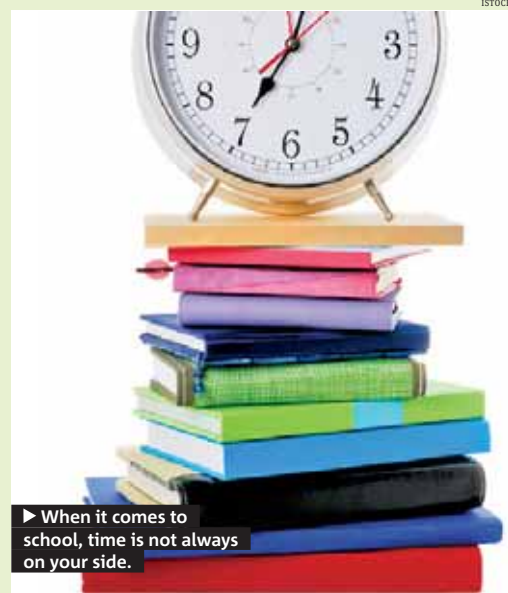
Two psychology professors at St. Lawrence University in New York surveyed about 253 students.

Their research found that students with 8 a.m. classes tend to have more regular sleep patterns and stricter daily routines, which could account for their better grades.

Those students also tended to have an earlier bedtime and avoided drinking into the late night hours.

Pamela Thacher, the study's co-author, told The New York Times, "For every hour of class that you have later, you get about a .02 difference, so three hours of difference between class start times will result in a .06 difference in grades."

She cited an example of a student with early



► When it comes to school, time is not always on your side.

classes earning a 3.2 G.P.A. compared to a student with later classes earning a 3.0 average.

The findings reverse the assumption that later classes allow for students to be better-rested and more alert.

Instead, it appears students who don't have to get to class until the afternoon tend to stay up later, consume more alcohol and have lower

8 a.m. A recent study showed students with 8 a.m. classes tend to have more regular sleep patterns and stricter daily routines, which could account for better grades.

grades. So, when you're scheduling your classes for next semester, will you be inclined to choose the earlier options?

Bullying trumped by strong bonds



► Positive relationships formed in the classroom may be key to a child's social development.

Fostering a good relationship with their teachers could pay dividends for children beyond the classroom, protecting them from acting out aggressively and being targeted by their peers, a Canadian-led study suggests.

Psychology professor Mara Brendgen from the University of Quebec at Montreal led the study, which also involved researchers at Laval University, the University of Montreal, the University of Alabama and University College Dublin.

Published in the journal Child Development, the study set out to explore the source of aggression in children and the role of genetic

factors and social interactions in their every-day environment influencing aggressive behaviour.

Researchers say that children's relationships with peers and teachers are key to their social and behavioural development.

As a result, conflicts that may arise between students and both classmates and instructors can potentially aggravate aggression in some kids.

"Problematic relationships with peers and teachers may not only play an important role in maintaining or increasing aggressive behaviour in the child, but such negative relationship experiences may themselves be fostered by a child's aggressive behaviour," researchers write.

The study estimated the genetic effects on aggression by comparing the similarity in behaviours of both identical and fraternal twin pairs. The research revealed the kids who were genetically vulnerable to being aggressive were more susceptible to being victimized by their peers than other students. Yet in those instances, kids were protect-

Study specifics

Research round-up:

- The study looked at Grade 1 students in the greater Montreal area, specifically 217 pairs of identical and fraternal twins with an average age of seven when assessed. Data were only used in the analysis of twins who were in different classrooms.
- Classmates were asked to rate the level of aggressive behaviour exhibited by the twins and the extent to which they were victimized by peers. Meanwhile, the twins' teachers were asked to rate the quality of their relationship with each child, assessed through their ratings of items from the closeness and conflict sub scales of the Teacher-Child Relationships scale.

ed from acting out aggressively or being targeted by other kids if they had a very good relationship with their teacher — one that was warm, affectionate and involved open communication. **THE CANADIAN PRESS**

Café Scientifique
"Seeing is Believing"
"A picture is worth a thousand words." Researchers at the Life Sciences Institute are exploring the molecular and cellular details of life as it relates to health and disease.

Part I: The Universe Within - Seeing how cells move and interact
Title: "Imaging the developing and aging brain."

Monday, November 21, 2011 : 6:00 - 8:00 p.m.
LSC3, 2350 Health Sciences Mall, University of British Columbia
RSVP to nvohra@mail.ubc.ca by November 14, 2011
Visit us at: <http://cafesci.lsi.ubc.ca/> and Facebook.

Medical Research Foundation for Health Research

SEG World Leaders in Hospitality Management Education

STUDY HOSPITALITY AND BUSINESS MANAGEMENT IN SWITZERLAND

- » Leading English-Speaking Providers of Hospitality Education
- » Bachelor Degree in Business/Hospitality/Culinary Arts in 3 years
- » Masters Degree, MBA in 1 year or Online Masters Degree
- » 6 month or 1 year International Paid Internship(s)

INFORMATION SESSION
Saturday, November 12, 2011
2:00 - 3:00 pm & 3:45 - 4:45 pm
Galiano Island Room, The Fairmont Vancouver Hotel,
900 West Georgia St., Vancouver, B.C., V6C 2W6
R.S.V.P. / ENQUIRE ABOUT SEMINARS
604-628-1647 1-866-602-6628 info@shms.ca

HILLTOP ACADEMY

FITNESS LEADERSHIP DIPLOMA PROGRAM

BECOME A PERSONAL TRAINER

- Receive Your Diploma In Under 5 Months
- Earn Up To \$70/Hour
- \$100 New Balance Shoes Voucher to all Students

Enter to WIN Free Tuition

HILLTOP ACADEMY • (604) 930-8377
www.hilltopacademy.ca

Log in, learn from the best

► Technology connects Canada's top minds with remote classrooms ► David Suzuki pays students a virtual visit



Jacob Desender was brimming with curiosity as he approached the webcam to address a question to one of Canada's leading scientists.

The 12-year-old from a Manitoba farming community had always been intrigued by the cause of global warming and wondered how his classroom's virtual guest speaker would answer his query.

What he didn't expect was for David Suzuki to turn the question around and promptly ask, "What do you think?"

The real-time dialogue that ensued took place before about 6,000 students scattered in classrooms from Nova Scotia to Nunavut and left Desender in awe.

Scientists of Suzuki's international stature don't frequently stroll through his hometown of Marquette, Man., he said, adding modern technolo-

"I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted... It was actually quite awesome."

**JACOB DESCENDER
12-YEAR-OLD STUDENT**

gy allowed him to make the most of a learning opportunity unlike anything he'd experienced before.

The virtual encounter with Suzuki set him straight as to the cause of global warming, which he had long believed was simply a natural part of the planet's evolution and not a function of human activity.

"My family had been looking for an answer for so long, we just wanted to hear the truth," Desender said in a telephone inter-

FUTURE BUSINESS LEADERS WANTED.

CMAA's are leaders in strategic financial management. As a CMAA, your future is unlimited. You will have increased earning potential, career advancement and stability.

Find out more about the CMA designation and the CMA QuickStart and CMA Accelerated Program at:

CMA INFORMATION SESSIONS

Tuesday, November 8, 2011, 5:00 - 6:00 pm
Shangri-La Hotel, Blue Moon Theatre
1128 West Georgia, Vancouver

Every Thursday, 12:00 - 1:00 pm
CMA Office, Suite 1000
900 West Hastings Street, Vancouver

RSVP to cmabc@cmabc.com, 604.687.5891, or visit cmabc.com.

NOW ACCEPTING APPLICATIONS FOR JANUARY 2012 CMA PROGRAMS.

CMA Certified Management Accountants™

©/™ Registered Trade-Marks/Trade-Marks are owned by The Society of Management Accountants of Canada. Used under license.

view. "I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted. . . . It was

actually quite awesome."

Suzuki's virtual visit was the brainchild of the National Film Board, whose videos and docu-

mentaries have long been a staple of the traditional classroom environment.

Kristine Collins, manager of the board's national

Small snags

While web technology offers promising opportunities to expand educational opportunities in more isolated communities, technical challenges remain.

► NFB National Education Program Manager Kristine Collins said poor technical infrastructure in remote areas would bar certain communities from taking part in virtual classrooms, a problem the board hopes to address as it considers initiatives to pursue in the future.

education program, said the idea emerged from a partnership with the David Suzuki Foundation, which was seeking a creative way to promote an autobiographical film of its founder's life entitled Force of Nature.

By leveraging the web-conferencing technology the foundation had at its disposal, Collins said the NFB saw a golden opportunity to bring Suzuki's life story and environmental message to thousands of Canadian middle and high school students.

Geographical scope was key to the project's success, Collins said, adding rural and northern communities are too often cut off from the sort of educational resources urban schools take for granted.

THE CANADIAN PRESS

Could laptops facilitate lying?



► What would you get up to if your professor wasn't watching?

► Study suggests students less likely to cheat if their classroom situation includes personal interaction with teachers and classmates

There are no suspicious glances from the student at the next desk over, no looming walk-bys from the class professor.

In an online course, it's just you and your computer. And, according to one

recent study, that can open the door for cheating.

Frank M. LoSchiavo and Mark A. Shatz, both psychology professors at Ohio University's Zanesville campus, took

an in-depth look at whether students are more likely to cheat in online courses. In the first part of the study, about 40 students who completed 14 online quizzes during the course of the class

were surveyed. At the end of the course, 72.5 per cent of students reported cheating at some point by consulting their textbook, notes, friends, family or the Internet.

● METRO WORLD NEWS

4 sports

Quoted



"We've had an opportunity to play them quite a few times, so they know us, we know them, and it should lead to an exciting, good football game."

EAGLES COACH ANDY REID, ON HIS TEAM PLAYING THE CHICAGO BEARS TONIGHT. CHICAGO HAS WON THREE OF THE LAST FOUR MEETINGS AFTER LOSING FIVE STRAIGHT TO PHILADELPHIA BETWEEN 1999-2004.



► Canucks players celebrate a goal last night in Chicago.

Canucks' power play clicks in Chicago

► Henrik Sedin has four points as team goes 5-for-6 with man advantage

The Vancouver Canucks' power play was extra special last night.

Henrik Sedin had a goal and three assists and Vancouver converted five of six power plays to lift the Canucks to a 6-2 win over the Chicago Blackhawks.

David Booth, Aaron Rome, Daniel Sedin and Dan Hamhuis each added power-play goals and Jannik Hansen had Vancouver's only even-strength score as the Canucks (7-7-1) handed the Blackhawks their first regulation home loss.

Michael Frolik and Marcus Kruger scored for Chicago (8-3-3), which went 0-for-5 on the power play and has scored just once in its last 26 chances.



The Canucks have been inconsistent this season after advancing to the Stanley Cup final last spring. But yesterday, perfect penalty killing and a near-perfect power play powered them past arch-rival Chicago.

"We haven't been good

enough 5-on-5 to win games," said Henrik Sedin, whose four points matched a personal high in a game. "But if we play good 5-on-5, our special teams will take care of us most games. It did tonight."

Even without man advantages, the Canucks took charge early.

"I feel we got off to a real strong start," Vancouver coach Alain Vigneault said. "The guys were focused, executed well. I thought we played a real strong first period."

"In the second (Chicago) took some penalties we made them pay for. That was the game."

Vancouver's Roberto Luongo made 38 saves to help

the Canucks end a two-game slide. Chicago's Corey Crawford blocked 32 shots.

"Obviously their power play was the difference," Crawford said. "We haven't seen that from a team. They just held on to it (the puck) for two minutes and kept getting goals at the end."

"I just couldn't come up with a key save."

The Canucks and Blackhawks met for the first time since Vancouver eliminated Chicago in overtime of Game 7 of an opening-round playoff series last April. The teams have faced each other in the post-season for three straight years, with Chicago winning the first two series.

THE ASSOCIATED PRESS

Lions hot, Alouettes are not

Suddenly, the road back to the Grey Cup is a more perilous one for the Montreal Alouettes.

The Alouettes begin defence of their CFL title Sunday when they host the Hamilton Tiger-Cats in the East Division semifinal. While Montreal has a number of battle-tested veterans, the club heads into the playoffs having lost three straight games.

The latest defeat was a lopsided 43-1 decision to the B.C. Lions in a game the two-time defending champions needed to win in order to clinch top spot in the division.

Instead, that honour went to the Winnipeg Blue Bombers, who finished the season tied with Montreal with a 10-8 record after a 30-24 loss to Calgary on Saturday, but took top spot after winning the season series.

B.C. cemented first in the West Division with its win over Montreal despite ending the season tied at 11-7 with Edmonton and Calgary. The Lions won the season series with both of the conference rivals.

Edmonton will host Calgary in the West Division semifinal Sunday. The Lions and Bombers both earned the right to host their respective conference finals.

The key for Montreal is quarterback Anthony Calvillo, who led the CFL in passing (5,251 yards) and touchdowns (32). But Calvillo was just 47-of-97 passing for 642 yards with a touchdown and three interceptions in the Alouettes' final three regular-season games.

However, Montreal's late-season troubles weren't relegated to just Calvillo. Opponents outscored the Alouettes 101-53 in those three games.

THE CANADIAN PRESS

NBA players given offer with expiry date

NBA players have until Wednesday to accept Commissioner David Stern's latest offer, though the response already seems obvious.

"Right now, we've been given the ultimatum, and our answer is that's not acceptable to us," union presi-

dent Derek Fisher said.

But the next proposal promises to be worse, surely moving players and owners even further apart and threatening to destroy the 2011-12 season.

Early yesterday morning, the league said it offered players up to 51 per cent of

basketball-related income — a figure the union insists is fiction. Regardless, it will drop to 47 per cent Wednesday if players don't accept the offer by the league-imposed deadline. No agreement by the deadline likely will trigger more calls to disband the union and take

on the league in court.

"It's fair to say that there are some who believe a vote to decertify is a vote to end the season," said a person familiar with the owners' thinking who spoke to The Associated Press on condition of anonymity.

THE ASSOCIATED PRESS

791

Passing yards for quarterback Drew Tate in Calgary's last three games. Calgary won all three games as Tate completed 63-of-96 passes for four TDs.

MoneyProvider.com

\$500 Loan
and more

Fast,
easy and
secure



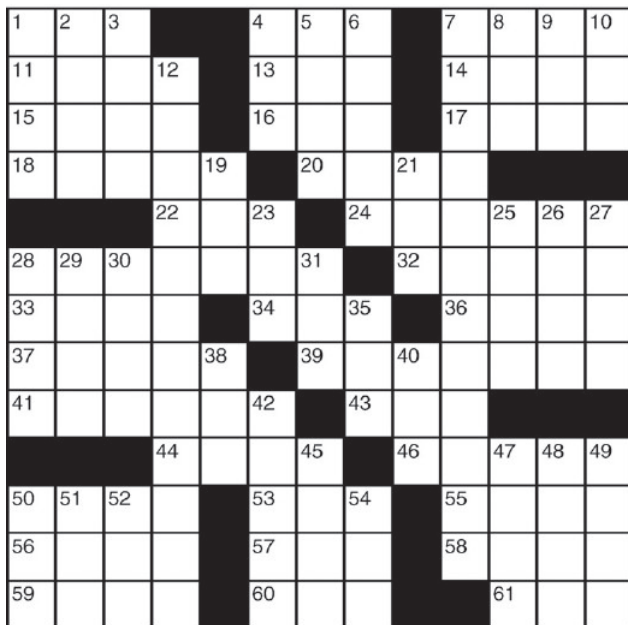
No
credit
refused

1-877-776-1660
www.moneyprovider.com

Crossword

Across

- 1 Wrigley product
4 Cleopatra's snake
7 Highway
11 From the start
13 Zero
14 Loosen
15 Peru's capital
16 Genetic evidence
17 Gas in signs
18 Coral ring
20 Potter's oven
22 Youngster
24 Rid of frost
28 Custodian
32 Battery terminal
33 Prayer ending
34 Card player's call
36 Stefani Germanotta, a.k.a. Lady —
37 Neighbor of Leo and Libra
39 Klutz
41 Makes sense
43 Chinese "way"
44 Jog
46 Peppermint —
50 Bamako's country
53 Knight's address
55 Comical Caroline
56 Grand story
57 Anger
58 Sketch
59 Tech whiz
60 Danson or Nugent
61 Coffee vessel
Down
1 Big party
2 Troop group
3 Note
4 Moreover
5 Go under
6 Tartan pattern
7 Feature near the

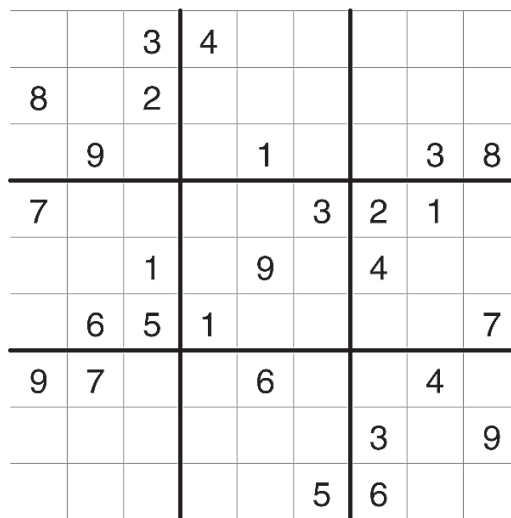


- door of a really old car
8 Indivisible
9 Commotion
10 Get dressed in
12 Cane
19 Torched
21 Meadow
23 Pooch
25 Furnace fuel
26 Rim
27 Darling
28 Coffee, slangily
29 Surrounded by
30 Uncool sort
31 Cage component
35 Pecan or almond
38 "— Town"
40 Atlas page
42 Suggest
45 Grow weary
47 By way of, for short
48 Rip
49 Show boredom
50 "Family Guy" daughter
51 Gorilla
52 Whopper
54 Crimson

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

7	9	6	3	5	1	8	2	4
1	2	3	8	6	4	9	5	7
8	4	5	2	7	9	1	3	6
5	3	2	6	8	7	4	1	9
6	1	9	4	2	3	7	8	5
4	8	7	9	1	5	3	6	2
9	5	4	1	3	6	2	7	8
3	6	8	7	4	2	5	9	1
2	7	1	5	9	8	6	4	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

King

You were fabulous Saturday afternoon. Who wouldn't adore you after a performance like THAT? **FROM YOUR #1 ADMIRER**

Laura Aly Moya

Seeing your beautiful face everyday drives me crazy! Your beautiful smile, your beautiful brown eyes, and your amazing personality. If you would give me a chance I'd be the luckiest guy ever... So, here I go! Laura, will you be mine? :\$
FROM CESAR

Jory

Hey babe just want u to know i love u more than anything in the world. I also want to wish u a happy birthday. Looking forward to a future with u in it. :)
FROM JERRY

lalala...

love ya, miss ya, kiss ya :)
FR

Today's horoscope

♈ Aries March 21-April 20 There is every possibility that you will come up with an idea that could change your life today.
♉ Taurus April 21-May 21 Don't be scared to blow your own trumpet this coming week.
♊ Gemini May 22-June 21 If there is something important that you need to say then say it now.
♋ Cancer June 22-July 22 You will be much more confident about your ideas over the next few days.
♌ Leo July 23-Aug. 23 You need to be more open about your thoughts and feelings, especially if you are

the kind of Leo who likes to project an image of self-control.
♍ Virgo Aug. 24-Sept. 22 You will find it easy to win friends and influence people today.
♎ Libra Sept. 23-Oct. 23 You have been worrying about your money situation for no good reason.
♏ Scorpio Oct. 24-Nov. 22 Speak up and let employers and other important people know what you think about what's been going on, both in your work place and in the wider world.
♐ Sagittarius Nov. 23-Dec. 21 There is a time and a place for work and a time and a place for

For today's crossword answers and for expanded horoscopes, go to metronews.ca

play and the two should be kept as far apart as possible today.

♑ Capricorn Dec. 22-Jan. 20

Find something positive to say about everyone you meet.

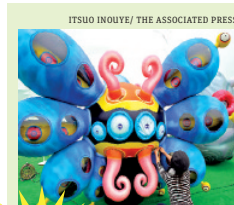
♒ Aquarius Jan. 21-Feb. 18

No matter how difficult the challenges you have to face this coming week you will overcome them with ease.

♓ Pisces Feb. 19-March 20. Say what is on your mind, even at the risk of offending people.

• SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

THE WORLD IS YOUR PHOTO EXHIBIT

To submit your photos and for full contest details visit:
metrophotochallenge.com

Simple changes can bring more meaning to your life.

Create happiness and well being.

Ongoing free programs on the spiritual practice of meditation on inner Light and Sound.

Every Tuesday 7pm,
535 West 10th Avenue
(back entrance, near City Hall)
at Pacific Reflexology

Is Your Life in BALANCE yet?
604-317-2747
www.santmat.net



VancouverGold

INSTANT CASH FOR GOLD

Vancouver's #1 Choice for Selling Gold

WE PROMISE YOU...



The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 50% of the difference!

Terms and Conditions can be found at www.VancouverGold.ca

Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

How it Works....

1. Bring in your unwanted jewellery to our Vancouver or Surrey location.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

WHAT WE PAY

Karat|Price/gram

1oz Maple Leaf Coin (9999)	\$1697/coin
999 Gold Coins and Bars	\$51.99
24k Jewellery	\$41.94
22k	\$38.44
East Indian and Nuggets	\$34.07
18k	\$31.45
14k and dental	\$24.46
10k	\$17.47
.925 Sterling Silver	\$0.62

We also offer refining services for large and dental lots.
Please contact us for fee and payout information.

Additional Pricing

Gold Coins

Gold Coins Under 24kt (Per Gram of Gold)	\$48.83/gram
Maple Leaf Coins under 1 ounce	\$54.57/gram
999 Gold Bars under 1 ounce	\$50.55/gram
Silver Maple	\$33.40/coin
Silver Bullion	\$31.66/ounce

Silver

Unrecognized Silver bars 1 ounce or more	\$0.84/gram
Stamped Sterling Silver	\$0.62/gram
Stamped .800 Silver	\$0.54/gram
Unstamped Solid Silver	\$0.44/gram

Canadian Silver Coins

Coins from 1966 or earlier	16.0 Times Face Value
Coins from 1967	12.5 Times Face Value
Coins from 1968	9.7 Times Face Value

American Silver Coins

Coins from 1964 or earlier	17.3 Times Face Value
----------------------------	-----------------------

Platinum

Platinum Jewellery (stamped 950)	\$29.52/gram
999 Platinum Coins	\$37.48/gram

*Canadian Dollars
Last Update 11/04/2011

Example Purchase 1:

Purity: 14k • Weight: 193.50g
PRICE: \$4,733.01



Example Purchase 2:

Purity: 24k • Weight: 6.42g
PRICE: \$269.25



Example Purchase 3:

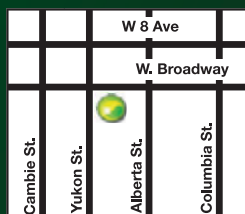
Purity: 14k • Weight: 183.30g
PRICE: \$4,483.52



604.764.5134

254 West Broadway, Vancouver
(2 blocks East of the Broadway & Cambie Canada Line Station)

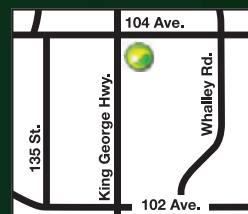
Mon-Fri 9am-6pm, Sat 10am-5pm,
Sun 11am-4pm



604.582.4653

120-10362 King George Hwy, Surrey
(London Station Mall - next to London Drugs & near the Surrey Central Skytrain)

Mon-Fri 9am-5pm, Sat 10am-5pm



www.vancouvergold.ca